

### Amendments to the Specification

Please delete the paragraph extending from page 7, line 26 through page 8, line 24 and substitute the following paragraph.

FIG. 1 is an isometric drawing of the instant invention. This particular apparatus 1 is most suited to doing exercises such as push-ups, pull-ups or dips. The device 1 consists of a loop spring 2, a base 3 and a pad 4. The loop spring has been iteratively designed to add resistance (and subsequently help) to the user while doing exercise. The loop spring 2 is designed with a spring steel piece of flat stock spring steel that is approximately .036 inches thick and approximately 1.00 inches wide and approximately 132 inches long. The spring steel band or piece of flat stock is coiled into an approximate diameter 5 of 14 inches. This allows the spring steel band to be coiled three times around into the 14 inch diameter 5 circle. The steel band is then fastened, usually with a rivet (not shown) to hold the looped spring steel in the circular shape in a 14-inch diameter 5. A hole (approximately .220 inches in diameter (not shown)) is then drilled through the three loops and centered for fastening the bottom 6 of the loop spring 2 to the base 3. This is most easily accomplished by screwing in a bolt with knob 7 into the base 3 and through the hole in the loop spring 2. The base 3 has a female thread centered in the base and directly below the screw 7. Additionally the base 3 has a crescent shaped groove 9 in the base 2 for holding the loop spring 2 in position in the base. Even further, a crescent shaped block 8 ~~block 6~~ with a hole drilled through it approximately .220 inches in diameter fits on top of the loop spring 2. The screw 7 with knob is then placed through the loop spring 2 then the crescent block 8 ~~block 6~~ and finally into the base 3 and tightened. The crescent block 8 ~~block 6~~ provides additional support to the exercise apparatus once assembled. The base is usually made of a polymer plastic such as, but not limited to ABS plastic, which is molded into the preferred configuration show in FIG. 1. The base 3 has an approximate size of 14 inches by 14 inches as shown in the illustration. This base size allows the un-assembled apparatus to be easily packaged and stored with the base 3 fitting inside the loop spring 2. The pad 4 can be fabricated of several softer polymers such as polyurethane foam or ~~of~~ other polymer foams. The pad provides a softer edge on the topside of the exercise apparatus and adds comfort to the user. In the case of push-ups ~~pus-ups~~, against the chest, in the case of dips, against the buttocks and in the case of pull-ups, against the feet. This pad can have a variety of configurations such as wet suit material or even cloth. It may be stitched or bonded to the loop spring 2 with a variety of glues commercially available.

Please delete the paragraph at page 9, lines 5-18 and substitute the following

Turning now to FIG. 2, another isometric drawing of the instant invention is illustrated. In this particular embodiment, the user 11 is doing a push-up using the apparatus 1. The apparatus 1 is placed under the user's chest while doing the push-up. As the user 11 begins to do a push-up, the apparatus 1 is compressed as the user 11 allows his or her weight to be applied to the apparatus as the user is going downward. Once the user 11 reaches the floor or near the floor in his or her push-up, and he or she begins to push back up away from the direction of the floor, the apparatus applies a force to the user's body and aids with accomplishing the push-up. Not illustrated is the user 11 doing a dip or pull-up, but the same practice of the apparatus 1 applies to aiding with the force to help the user 11 do the exercise. In this illustration, the user 11 has the spring loop 2 oriented perpendicular to the bodyline, but the device has also been used parallel to the body line (not illustrated) between the breasts. ~~Also~~ ~~Also-not illustrated are~~ is the elastic bands 10 mentioned above. If additional force/assistance would be required by the user, these bands 10 could be added to FIG 2 as is shown in FIG 1.